



Making the Most Out of Substance Use Treatment

Directions – This is a Kahoot exercise using the Kahoot online website. If you are a counselor or group leader using Kahoot for the first time, it is a good idea to run through the activity first yourself. What is needed to do a Kahoot exercise is:

1. A computer with internet, preferably connected to a large screen with a TV or Monitor so the group can see the screen and participate in the exercise
2. Group members need phones with internet connection. If a few group members do not have smart phones or internet, then you can still have them do the Kahoot activity separately on paper but they just won't be part of the online scoring. (In actuality, the score for this activity is meaningless anyway as the competitive aspect of the Kahoot exercise is just a way to engage participants but it doesn't matter for the overall effectiveness of this group activity) Another way to do this if you are lacking enough phones with internet is to make teams and have pairs of group members each share a phone if the group is willing to cooperate with that. **A paper version of the questions is provided at the end**
3. The counselor or group leader controls the flow of the Kahoot exercise using the computer that has been selected by clicking "start" and "next" when prompted
4. There is a short [Kahoot Warm Up exercise](#) – You can do this first with the group to give the group a chance to practice using Kahoot– [\(Click here\)](#) – It may be fun and helpful to do the warm up first

Once you are prepared:

The main [Kahoot exercise](#), "[Making the Most Out of Substance Use Treatment](#)" has 25 questions mostly focused on important aspects and qualities for effective substance use group therapy. Click the link to go to the online Kahoot exercise – OR, if you do not have the technology needed to do the group quiz online, ***the questions are in printable format at the end of this paper***



When you have completed the main [Kahoot, "Making the Most Out of Substance Use Treatment"](#) exercise as a group, then discuss the information from the exercise which is explained in further detail on the following page:



Making the Most Out of Substance Use Treatment: Answers and Follow-up Discussion.

There are 25 questions that were reviewed in the Kahoot exercise. The following 25 items listed below correspond to the 25 questions from the exercise

1. **Hitting Bottom** can be a life changing event. However, a person does not need hit bottom to get started in making positive changes with addiction treatment. Negative consequences can be very eye-opening and motivating. But, even if someone is still not sure where they stand with their substance use, if there is some **motivation, insight** and basic **skills** needed to change for the better, that is enough to get started. Over time, each person will eventually come to their own conclusions based on what they learn and what they experience as that person gains insight and motivation over time.
2. Similar to the previous question – **Admitting that you are an addict**, can be very helpful. However, this too is **not a requirement for progress** especially early on in the process. You cannot force someone to admit that they are addicted to anything, rather each person must draw their own conclusions based on support, wisdom and experience. Wherever a person may be at with this process, you can still make progress provided you are willing to **listen and learn**. With time, many people who struggle with substance use end up coming to the conclusion that they are addicted but again, this works best when a person comes to their own terms in this process of acceptance
3. **Insight** by definition is **self-awareness**. As a person's level of insight increases, his or her awareness of their true thoughts, feelings, and motives becomes more and more clear. Insight is one of the most important qualities needed to make progress because knowing yourself is at the heart of learning what you truly need to do to get better and improve
4. **Internal motivation** comes from within. This can be very powerful, but it takes effort to sustain internal motivation. The inner drive to change is often one of the key factors for self-improvement, provided a person stays consistent in spite of obstacles that may arise, and does not give up
5. **External motivation** and **support** are so important because at times, internal motivation can die down. Outside forces that motivate us such as people who care, as well as the presence of possible consequences can get you through a tough time. The cliché is true when people say that “you cannot do this alone”
6. The worst thing to do when you experience a setback is to keep it to yourself. Instead, **telling someone whom you trust about what happened** gives others the opportunity to help you stay motivated through tough times by providing support and encouragement.
7. Our **values** are those people, things, and ideas that are most important to us. So much of what we choose to think, talk about and do comes from our values. As our values change for the better, quite often our behaviors change for the better too
8. **Spirituality** starts with deeper pursuits outside of the day to day things we may find ourselves being concerned with. Spirituality involves looking at the “big picture”. The **search for meaning** is a core facet of spirituality
9. **Empathy** means **understanding**. To gain insight we need to practice trying to understand ourselves and others. As a heartfelt level of understanding increases, empathy increases. This in turn can greatly increase our sense of self-awareness which then promotes growth
10. When you are taking an escalator, it moves you **forward and upward** at the same time. Making positive changes with mental health and substance use issues can be hard work but moving forward and upward in spite of any challenges is part of the recipe for progress and success



11. Learning **coping skills** is so important for making progress with substance use and mental health. There are hundreds of ways to cope. Learning a few skills that work for you can be a powerful difference maker. Getting away from negative behaviors like lashing out or acting out emotionally is also just as important
12. **Thinking before acting and speaking** is one of the best things anyone can do to avoid unnecessary problems. Try to make it a regular habit to just stop and think and you will surely see the difference in life, for the better
13. **Humility** involves being teachable, adaptable, and willing to listen and learn from the wisdom and experience of others. Insisting that you are always right can stunt progress. Pride, arrogance, cockiness, and vanity often eventually lead to a fall or crash. Having the humility to ask for help and guidance can be lifesaving when it comes to striving to overcome substance use issues
14. **MAT or Medication Assisted Treatment** can be a difference maker when someone is struggling with a substance use issue. There is no shame in using MAT to cope with cravings and/or withdrawal. Addiction is extremely challenging and studies show that MAT reduces relapse rates. If you want to know more about MAT options, ask your counselor about setting you up with someone who prescribes MAT
15. Simply put, a **disease** is a destructive process in a living thing. Addiction clearly is a highly destructive process to those who suffer from it, not unlike other known diseases such as cancer, diabetes or heart disease which hurt people more and more if not treated, just like addiction
16. **Shaming and confronting** often hurts way more than it helps. People get discouraged when being judged or shamed. Rather, support, compassion, understanding, and looking for the positive in others builds inspiration and motivation which drive progress, inspiration and positive change
17. **Family work, therapy, trauma work, and medication**, can all be positive aspects of comprehensive substance use treatment. History and experience show that time and time again, looking for romance or sex in therapy or support groups is a highly damaging distraction that so often leads to relapse because this can greatly distort the proper focus needed for group therapy to work
18. **Being ready to change** is great, however people may often start substance use treatment programs because someone else is first pushing them into treatment. That is okay because a person can gain insight and motivation in treatment even if that person is unsure about being ready to change at the outset. We all can build our readiness to change when surrounded with support and encouragement
19. **Positive value change** is often a tell-tale sign of progress in substance use and mental health treatment. As our values change, soon our behaviors follow and start to change for the better as well
20. Did you ever meet someone who did not want to feel some sense of **purpose and belonging**? These powerful core human traits are at the basis of who we are and who we end up becoming in life. Deep
21. **Courtesy, respect, empathy, understanding, listening and learning** are at the foundation of what makes group therapy work for the group's members. **Judgement and criticism**, however, turn people off and can push people away from opening up honestly in a group setting
22. The experience and wisdom gained along the way does not go away if you experience a setback or relapse. **All is not lost. Setbacks** can be extremely hard to deal with but one positive thing is that each setback is a **learning experience** for next time so there is always something gained provided that you do not give up



23. Two things that break down group cohesion are **arguing and silent treatments**. At times, in a group disagreement happens - which is okay provided that any discussion about the disagreement is done in a way that is respectful. Also, it is okay to choose not to answer at times based on your comfort level but making it a practice of regularly opting not to participate and instead remaining silent can break down group cohesion. Group should be a safe place where everyone feels free to share without having to worry about arguing or others shutting them out or ignoring them
24. **“Drama”** (slang) is a way people often relate to others that involves exaggerating the importance of behaviors, feelings, thoughts, opinions or events in a way that is **attention seeking, drastic, overly extreme** or **distracting**. Drama often can be contagious as people who create drama may drag others into a dramatic, overly-emotional state of mind. Some aspects of drama include instigating fights and arguments, overreacting, stirring up others’ emotions for attention, as well as gossip, rumors and “behind the back” communication about others.
25. **Everyone has something that they can teach us**. Even people who we dislike or disagree with can teach us things at times if we remain open to learning. Also, when we see someone is following a negative course, we can still learn what not to do and learn what to make sure to stay away from. Our attitude about learning from others is very important



Handout Version - Questions (25)

1 - Quiz

Which of the following is NOT needed to start making positive changes with addiction

- Motivation
 - Tools and Skills
 - Insight
 - Hitting Bottom
-

2 - Quiz

You must always admit you are an addict in order to start making progress

- True
 - False
-

3 - Quiz

Insight is basically the same as...

- Anger
 - Self-Awareness
 - Intelligence
 - Confusion
-

4 - Quiz

Internal Motivation is the positive drive to change that comes from:

- Your probation officer
 - Your mother
 - Your car
 - Within you
-

5 - Quiz

External Motivation can be helpful when you are stuck because it can provide:

- A push from the outside to get you going
 - A pull toward outer space
 - Skin irritation
 - Roadblocks
-



6 - Quiz

If you are doing well for a while, then experience a setback, the best thing to do is:

- Keep it to yourself
 - Pretend it never happened and ignore it
 - Tell someone whom you trust about what happened
 - Get a new pair of shoes
-

7 - Quiz

This word starts with a V and describes what is IMPORTANT to YOU

- Visitors
 - Values
 - Vivaciousness
 - Vexation
-

8 - Quiz

Spirituality at its most basic level involves:

- Rituals and traditions
 - Finding a lost unicorn
 - Blind faith
 - Searching for meaning in life
-

9 - Quiz

Which of these words is necessary for UNDERSTANDING to gain insight

- Empathy
 - Resistance
 - Confusion
 - Pizza
-

10 - Quiz

Which of these phrases best describes a real escalator as well as the Escalator method

- Take it two days at a time
 - Just give up and go home
 - Keep moving forward and upward
 - Just for next Tuesday
-



11 - Quiz

Which of the following is NOT an example of a coping skill

- Positive Self Talk
 - Relaxation
 - Calling a Friend for Support
 - Lashing out when you are angry
-

12 - True or False

Thinking before acting is one of the best ways to avoid a lot of unnecessary life problems

- False
 - True
-

13 - Quiz

Which one of these qualities is part of having a positive attitude?

- Humility
 - Arrogance
 - Cockiness
 - Vanity
-

14 - Quiz

When it comes to substance use therapy, MAT stands for...

- Managing Alternative Trials
 - More Anonymous Treasures
 - Medication Assisted Treatment
 - Maximum Animalistic Tendencies
-

15 - True or False

Based on what we know scientifically about addiction, it makes sense that it is a chronic brain disease

- False
 - True
-



16 - Quiz

Which of the following is not an effective way to help addiction?

- Compassion and understanding
 - Shaming and confronting
 - Support
 - Looking for the good in yourself and others
-

17 - Quiz

Which of the following is something you should never focus on in a substance use treatment program?

- Working with family to improve communication
 - Therapy or medication for mental health
 - Healing from past trauma
 - Finding new people to date in the groups
-

18 - True or False

Everyone who enters substance use treatment is ready to change

- False
 - True
-

19 - True or False

When you start making progress in treatment, your values and priorities may start to change

- False
 - True
-

20 - Quiz

Regardless of beliefs, one thing about spirituality that everyone needs and desires in life is...

- A sense of purpose and belonging
 - To be famous
 - Harsh vengeance on every one of your enemies
 - Unlimited power
-



21 - Quiz

Which of the following is not helpful in group therapy?

- Courtesy and respect
 - Empathy and understanding
 - Judgement and criticism
 - Listening and learning
-

22 - True or False

If you relapse or have a major setback after a period of progress then all is lost and you are back at square one

- False
 - True
-

23 - Quiz

In group therapy it is helpful to find a balance between...

- Sharing and listening
 - Smoking and vaping
 - Arguing and silent treatments
 - Lying and denying
-

24 - Quiz

All of the following are good in group therapy except for...

- Encouragement
 - Honesty
 - Open-mindedness
 - "Drama"
-

25 - True or False

Everyone has something that they can teach us...

- False
 - True
-